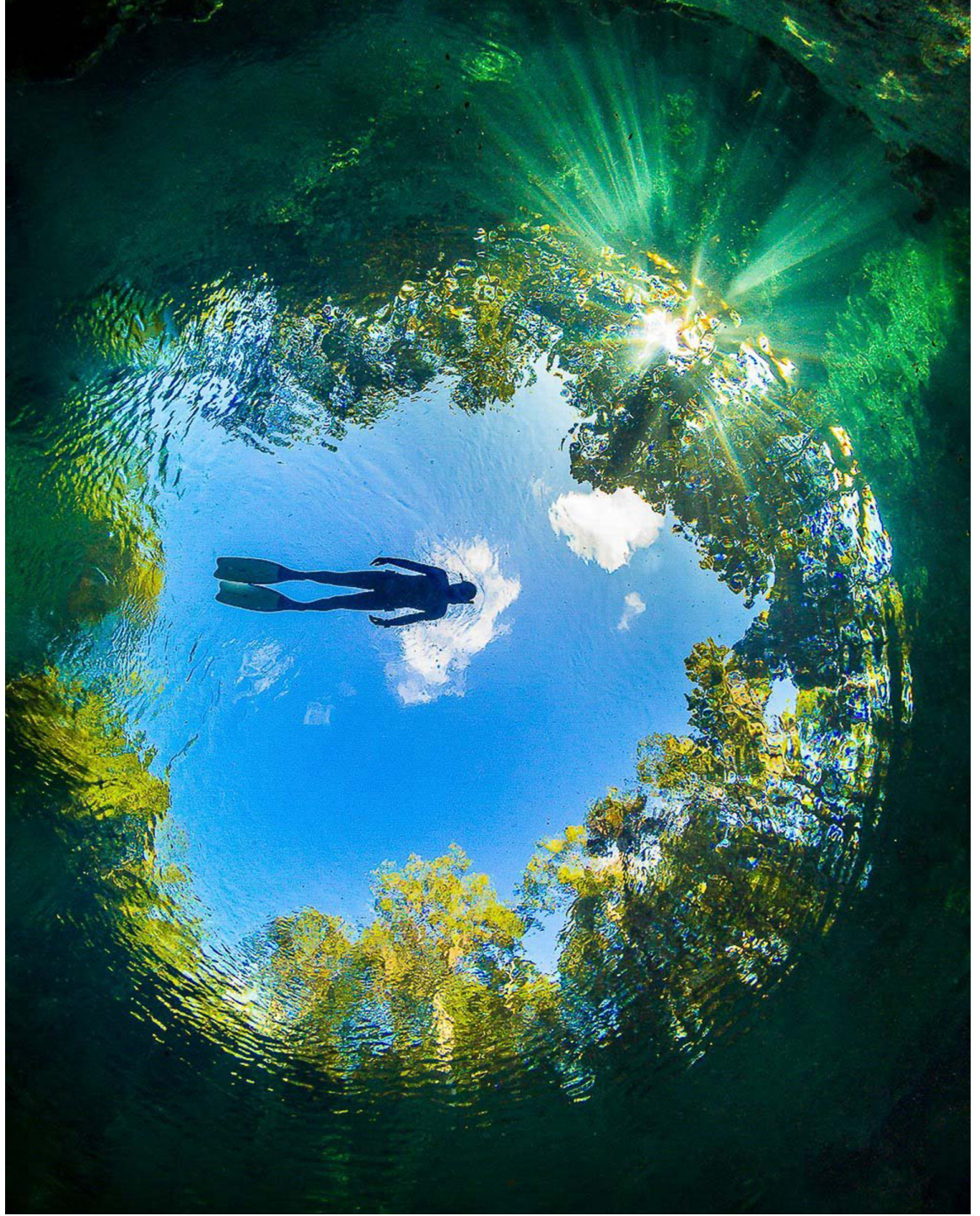


12 Steps@Trinity



Managing Life -
Thoughts from Richard Rohr
November 21, 2024

Make use of what we offer...

...if not members of religious bodies we sometimes select and memorize a few sets of prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

~Alcoholics Anonymous Pg. 87

To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all.

~Alcoholics Anonymous Pg. 46

12 Steps for All

1. We admitted that our lives had become unmanageable and uncontrollable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood that.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood that, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

12 Steps@Trinity

12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups and millions of people throughout the world. We could even say that 12-Step Spirituality is the combined knowledge and experience of all those who have used spiritual surrender and 12 Steps as a passage to recovery, and the things they have learned along the way. We are fortunate to include in our community many who have journeyed toward liberation with the 12 Steps and so we look to share what we have learned, as well as celebrate the presence of God in our midst.

A Centering Prayer

Let us pray together:

**Gracious and eternal God,
so draw our hearts to you,
so guide our minds,
so fill our imaginations,
so control our wills,
that we may be wholly yours,
utterly dedicated to you;
and then use us, we pray,
as you will, and always to your glory
and the welfare of your people;
through Jesus Christ, we pray. Amen.**

First Reading

We are trained to be managers, to organize life, to make things happen. That is what has built our culture, and it's not all bad. But if you transfer that to a spiritual life, it doesn't work.

You can't manage and maneuver and manipulate spiritual energy. It is a matter of letting go. It is a matter of getting the self out of the way and the self becoming smaller. It is a matter of emptying the self so that there is room for another.

It is very hard for us not to fix and manage life and to wait upon it. Are we to be passive? No, very much the opposite. We are to be awake, to be aware, to be present to our lives.

Hear the Spirit as it speaks to us.
Amen.

Musical Interlude

12Steps@Trinity is offered as a worship experience rooted in the spiritual wisdom of the twelve-steps, which themselves are rooted in the ancient spiritual exercises of St. Ignatius.

*Richard Rohr,
Radical Grace*

*We don't see the world as it is. We see the world as we are.
Richard Rohr*

Second Reading

*Richard Rohr,
Breathing
Underwater*

Do you realize with what difficulty surrender will come to a fixing, managing mentality? There is nothing in that psyche prepared to understand the spiritual wisdom of surrender. All of the great world spiritual traditions teach surrender. Yet most of us, until we go through the hole in our soul – our weak spot in the middle – just don't think surrender is necessary. At least that is how it is for those of us in First World countries. The poor, on the other hand, seem to understand limitation at a very early age.

The Third World faces its limitations through a breakdown in the social-economic system. But we have to face our limitations, it seems, in the interior world. This is our liberation theology. We must recognize our own poor man, our own abused woman, the oppressed part of ourselves that we hate, that we deny, that we are afraid of. That is the hole in our soul. It is the way through, maybe the only way.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

**When my hands are formed into tight fists,
I cannot open my hands to receive anything.**

**When I hang onto tight control,
When I close off my heart and my spirit**

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment,

I receive your loving presence around me and within me.

**Help me to let go when I am feeling overwhelmed,
so that I may receive your peace.**

**Help me to let go when I feel fear
so that in fear's place I may receive love and courage.**

**I let go of problems and challenges
in order to receive your guidance and clarity.**

I let go and trust you.

I will not fall.

You will catch me.

I let go and trust in the still, small voice inside of me.

Help me not to struggle but to surrender my struggle to you.

**I gladly receive this gift of letting go and
letting you lead me and guide me.**

Amen.

*—Jackie
Trottmann*

*We don't grow
when life goes
our way; we
grow when we
face challenges.
In God's Care*

Third Reading

To depend on the Higher Power, to live in faith, one has to risk looking and feeling like nothing – nothing that can be possessed, bargained for, developed, controlled, sold, bought, measured, merited, applauded, or even rightly communicated. So to depend on the Higher Power, to have faith, is beyond the world of power, function, and purpose.

*Richard Rohr,
Radical Grace*

Our modern consumer-oriented, functional and materialistic age finds faith almost impossible. Because if faith is nothing, the faithful person is a nobody. In our shallow culture, trust is called naivete.

Faith is finally to stand in nothingness, with nothing to prove and nothing to protect, knowing itself in an ever-alive charity that urges us to surrender, to let go, to give away, to hand over, to forgive, to walk across, to not take offense, to trust another, to lose oneself – while being quite sure that we are going to find ourselves afterward.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

May I be happy.

May I be peaceful.

May I be free.

May my friends be happy.

May my friends be peaceful.

May my friends be free.

May my enemies be happy.

May my enemies be free.

May my enemies be peaceful.

May all beings be happy.

May all beings be peaceful.

May all beings be free. Amen.

Buddhist Prayer

Musical Interlude

Reflection

The reflection seeks to be evocative not prescriptive, so there is no expectation that you will agree with the homilist. Instead, allow the reflection to lead you into your own contemplation and feel free to follow your own inner voice rather than remaining focused on what the homilist is saying. Sometimes our journeys converge and sometime they diverge. Enjoy!

*We must be
willing to get rid
of the life we've
planned, so as to
have the life that
is waiting for us.
Joseph Campbell*

Meditation

The meditation will be a brief period of quiet to allow us to center and quiet the mind. Please feel free to participate with whatever method you prefer.

Reconciliation, Release, and Reclamations

A Thursday@7 tradition, you are invited to come forward and symbolically offer your prayer for the reconciliation of a fractured relationship, the release of a resentment, or the reclamation of lost hopes and dreams.

Shared Reflections

The Serenity Prayer

Let us pray together.

**God grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference;
living one day at a time;
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that you will make all things right
if I surrender to your will;
that I may be reasonably happy in this life
and supremely happy with you in the next. Amen.**

The Peace

The earliest Christians shared a kiss or embrace as a sign of solidarity and reconciliation among those in spiritual community with one another. We continue that tradition with a common greeting:

The Peace of the Lord be always with you.

And also with you.

*When it hurts –
observe. Life is
trying to teach you
something.
- Buddha*

*Though no one
can go back and
make a brand new
start, anyone can
start from now
and make a brand
new end.
As We
Understood. . .*

ANNOUNCEMENTS

Financial Support

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for all the blessings in your life and your hope for health in the world. You can place cash or a check in the big blue urn at the head of the aisle or you can [donate online here](#), text TRINITYBUFFALO to 73256, or send a check to: Trinity Episcopal Church, 371 Delaware Avenue, Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

Angel Tree - Opportunities to Share Your Blessings

As you prepare for the holiday season, please consider sharing your blessings with Compass House, Hamlin Park Academy, and Justice for Migrant Families.

In the 1970s, Trinity helped establish Compass House, which provides a safe space for runaway and homeless youth and teens. Justice for Migrant Families is not just another tenant at Trinity. As a sanctuary church, Trinity embraces the mission of this organization as our own. We support their important work by providing office space for them and participating as volunteers in some of their activities. Through Say Yes Buffalo, Trinity has had a partnership with Hamlin Park Academy since the fall of 2016. Trinity has provided school supplies, clothing, books, and volunteers to assist the students in the school.

Trinity is collecting \$25 gift cards for these organizations now through Sunday, December 15. Hamlin Park prefers Tops gift cards but any gift cards would be appreciated. If you want to donate cash we would be happy to purchase gift cards for you. There will be envelopes in the back of the church if you want to make a donation during our Sunday offerings or mail in a donation. Thank you for your generosity.

Missy Stolfi (716) 998-6816 or missy.stolfi@gmail.com

Patti Nisbet (716) 698-2834 or tudorspace@aol.com

Sue Doherty (716) 725-7471 or susandoherty50@hotmail.com

Volunteer Opportunities With One of our Partners

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry, which serves those in need in our community. We are looking for help on **Mondays** from 9-Noon, **Wednesdays** from 12-3pm, and **Fridays** from 3-6pm. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

Trinity Discussion Group: Exploring Advent Through Poetry

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) starting December 4. Explore Advent with poems from notable poets including Rowan Williams, T. S. Eliot, Gerard Manley Hopkins, and George Herbert in Janet Morley's *Haphazard by Starlight* poetry anthology. Sessions will include readings of poems, faith-based reflections, and discussion questions. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and for more information.

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm:

December 14, February 1, March 8, April 5, May 3

Evening 4:30-6pm:

January 30, April 3

Trinity members would be welcome to any of these. For more information you can contact the Say Yes To Education coordinator Van Daniel at vdaniel@sayyesbuffalo.org or (716)388-1572

Comfort and Care Team

The Comfort and Care Team is here to help and support you or someone you know experiencing health or other life challenges. Email any one of us to request prayers, a caring phone call, notes, information on resources, a friendly visit, or arranging meals.

Phoebe McKay, phoebemckay@gmail.com

Susie Green, susie432@gmail.com

Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

You can also donate by scanning this QR code:



Parking at Trinity's Franklin Street Lot

When you come to a church service or other Trinity event, you can park in Trinity's Franklin Street lot without paying; the parking fees will not be enforced. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.



Creative Restorations invites Trinity to join their 2nd annual Thanksgiving dinner drive!

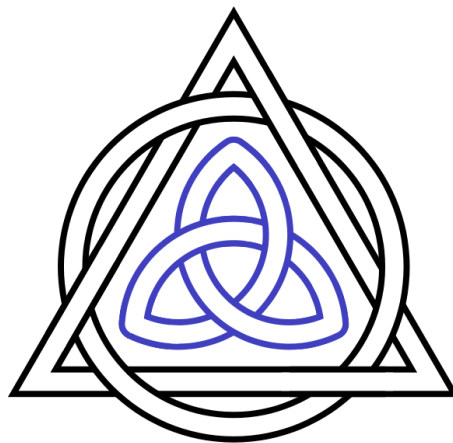
If you would like to donate any food items related to a traditional turkey dinner with all the fixings for those in need in Erie County, drop items off at church after the service OR contact Christopher at (716) 553-4886. They are hoping to help as many families in need as possible, and are accepting donations through November 27.

Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Sign up [here](#) to get Trinity's eNews to stay in touch!



12-Steps@7

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